

THE CENTRE FOR DENTISTRY



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January 7, 2014

Welcome Tim!

In this issue:

Pura Vida Do One Thing...Anchored Dentures....My Vaccine Vendetta

PURA VIDA

I was on the elliptical at the greatest gym I've ever been a member at, KoKoFit Club of Cherry Hill, listening to my virtual trainer talk me through my virtual workout to climb to a favorite promontory of his in Costa Rica when the key phrase for this issue was delivered through my headset: Pura Vida, the motto of Costa Rican tourism.

Pura vida is a characteristic Costa Rican phrase. It literally means *pure life*, however, the real meaning is closer to "plenty of life", "full of life", "this is living!", "going great", or "real living". The phrase can be used in many ways; for example, it can be used both as a greeting or a farewell, as an answer expressing that things are going well, or as a way of giving thanks.

[KoKoFit](#), by the way, is a boutique strip mall gym where you are working out with a virtual trainer all the time. If you've ever worked out this way, you know how a trainer can push you. You can go there anytime, day or night, because you have a fob that unlocks the door. You're in and out with a great work out in about an hour. Because the gym is small, there are rarely more than 8 people working out at the same time, so you get to know your fellow gym rats!

Rather than talk in terms of New Years Resolutions, which seldom meet fruition, we should be talking about things we can do to raise our levels of Pura Vida. Which leads me directly into our monthly Julia's Corner.

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Julia's Corner



Julia has been hard at work publishing her book, "Do One Thing" which will be available next month, and I'll be sure to provide a link. She asked me to write a review for the book jacket. I wrote: Changing one's habits, especially when it comes to objectives that seem overwhelming, can become a major barrier to health. Dr. Scalise's breakdown of what could be considered the 31 Habits of Extremely Healthy People can be daunting, except for just One Thing: Her suggestion that you tackle one small barrier at a time, rather than trying to correct everything in a week. The book is a very easy read. Pick something simple that you can be proud of, and establish it as a goal. Write reminders and affirmations and stick to it. If you're using pieces of paper, print several up on your printer which on the top say: [Vonnegut: Wear Sunscreen](#), and on the bottom: Markus: Floss Daily and Julia's message of YOUR project in the middle, like Drink More Water. It WILL start to happen for you. "

Steve Markus, DMD FACE

By the way, regular dental cleanings and daily flossing increases one's life expectancy by about 5 years. If it's been a while, make 2014 your year for Pura Vida.

Anchored Dentures



I thought this picture, that I came across on a friend's dental website was funny: It promoted a discussion of how difficult dentures can be to wear, and of course a few links to NOT-SO-COMICAL Dental Misadventures. I hope you enjoy the following links to YouTube, and if you know anyone disgusted with wearing dentures, please refer them to us so we can help stabilize and beautify their teeth.

Sky Diver watches her teeth take flight: [watch now](#)

Then there was the story of a recent patient who was driving, with the window open, and needed to sneeze. His wife was in the passenger seat, so he turned his head left, and with a mighty *Achoo* watched hopelessly in his sideview mirror, as his teeth hit the interstate at 75 mph, bounced once, into the grille of an eighteen wheeler.

How inexpensive mini-implants would have not allowed this to happen: [watch now](#)

BREAKING NEWS

General Mills has announced that regular Cheerios are now GMO free! Of course, this doesn't apply to anything but the original yellow box, and since those are made from oats, it's not a major deal, since every other form of Cheerios is genetically modified.

But at least it's a start and a show that consumerism in the US isn't dead. Deaf, perhaps, since these changes occurred in Europe years ago. But indeed, change needs to come from consumers voting with their wallets not to bring genetically modified foods into their homes.

SNEAKY LABELING

I saw Gail had bought some snacks for the grandchildren. I looked at the ingredients, and gasped, "Modified Corn Syrup." Could they have deliberately left out the word Genetically before the word Modified? I Googled it, and found that the industry is still trying to pull the wool over the eyes of the uninformed. A lot has been written in previous newsletters about genetically modified foods (see May Newsletter). The corn syrup alone qualified these "food stuffs" for [worst food](#) category. Because this article was published a few years back, in America, chances are nobody knew about the FDA Cover Up of how genetically modified foods were allowed in the US, but banned throughout the rest of the world.

It's very hard for parents to deny their children, if it's in the house. People really need to go back to nature – fruits, vegetables, and nuts for snacks. Learn more about [GMO's here](#)

How Ridiculous is Government Getting?

We all saw the story of the 6 year old boy who was branded a sexual predator for kissing the hand of a female classmate. Now this a story from around Christmas that takes things beyond absurd: [watch now](#)

Dr. Markus testifies before the Philadelphia Board of Health on the Mercury in Dental Amalgams Issue

I wasn't supposed to be given a chance to speak, but since I had been instrumental several years ago in the passage of legislation mandating that everyone in Philadelphia be given informed consent before a filling containing mercury was placed in their child's mouth, the board gave me the opportunity to comment on the proceedings there, about 3 weeks ago. [Read more](#)

Beware of Artificial Sweeteners:

I accidentally ingested some coffee that had been sweetened with Truvia the other day, and got sick from it. I decided to talk with my good friend, and colleague Steve Young, PT at Physical Solutions in Voorhees, and here is his reply: [watch now](#)

Vaccine Corruption –

Those of you who read this regularly know that I am vehemently opposed to the over-innoculation

of the American public, especially young children. There are several things that have come to light in the last month that I thought you might want to learn more about. One of my friends patients, who had 2 miscarriages in the recent year or two was six months pregnant and mandated by her employer (hospital) to get a flu shot. She refused, and was fired. Fall in line, or be sorted out. Too Orwellian for me!

Big Pharma, and vaccines are big business. Perhaps that's why a researcher trying to develop an AIDS vaccine had to fake his results: [Learn more](#)

This year, as in the previous years, around January 1, the FDA and the CDC need to move the remainder of the flu vaccines sitting on the shelves to make room for next year's product. Macy's has sales. The government uses scare tactics. This year, they portray those uninnoculated as tempting death. They have the audacity to preach that it is an otherwise healthy cohort, adolescents, who are most prone, and attribute several deaths in the deep south to H1N1. Daring strategy considering that this age group last year, in Northern Europe, were permanently damaged (neurologically) by flu vaccine. [Learn more](#)

Watch how this story dies out, as the supply of 2013 vaccine wanes.

One of the most outspoken proponents of vaccination is Dr. Paul Offitt, from CHOP. He is often the cited author on Medscape promoting the use of vaccines. He was behind the movement to inoculate boys (in addition to girls) with Gardasil. Most close to the situation felt that there should be full disclosure on Offitt's part, since he gains financially every time a vaccine is sold. [Learn more](#)

If you think this information is important, please forward it to your friends.

Have a great day!

The Centre for Dentistry

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